

<b>Unit Title:</b>	<b>Developing Personal Confidence And Self Awareness</b>
<b>Unit Level:</b>	<b>Level 1</b>
<b>Unit Credit Value:</b>	<b>3</b>
<b>GLH:</b>	<b>27</b>
<b>LASER Unit Code:</b>	<b>WJC255</b>
<b>Ofqual Unit Code:</b>	<b>A/506/0653</b>

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand reasons for feeling confident and lacking confidence.	1.1	Identify a situation when they felt confident and how they behaved in this situation.
		1.2	Identify a situation when they lacked confidence and how they behaved in this situation.
		1.3	Identify ways in which own behaviour can influence ways in which they are viewed by others.
2.	Understand effective participation in social situations.	2.1	Identify and give reasons for social situations which make them feel uncomfortable.
		2.2	Give an example of behaviour which would be inappropriate in a social situation.
		2.3	Identify ways in which they could change their attitude and behaviour in social situations to participate more effectively.
3.	Understanding ways to manage stress.	3.1	State what makes them feel stressed.
		3.2	State how they deal with feeling stressed.
		3.3	Identify techniques which can help reduce stress.
		3.4	State ways in which these techniques can help them feel better.
4.	Know how to set personal objectives and plan for personal progression.	4.1	Identify one short term goal.
		4.2	Produce a simple action plan which identifies ways to meet the goal.
		4.3	Identify and record achievements which lead to attainment of the goal.
		4.4	Identify ways in which goal setting has contributed to own self confidence.

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<b>Assessment Guidance:</b>
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NA
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<b>Additional Information:</b>
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